

Primary Prevention of Obesity

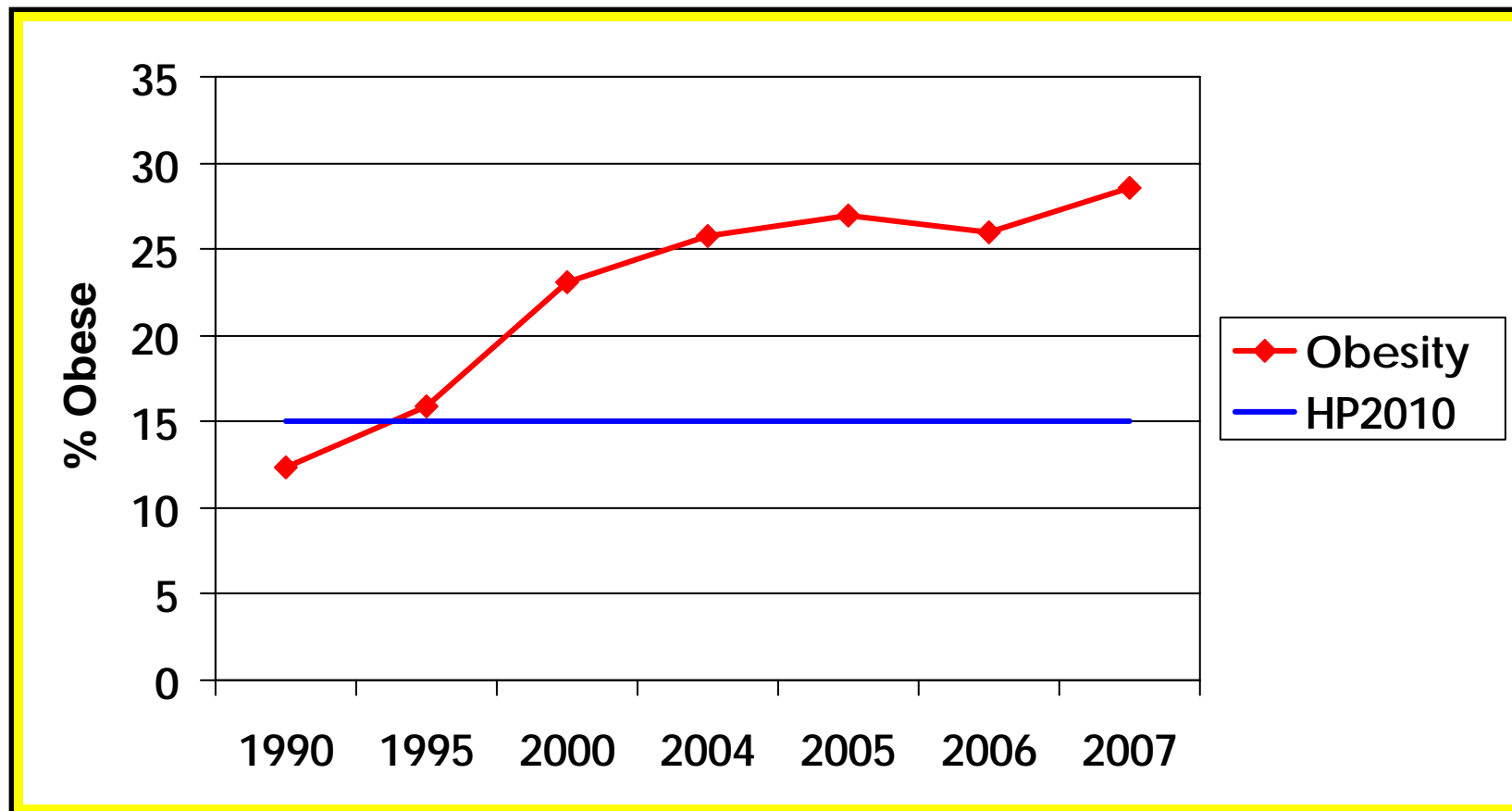
A Strategy to Reduce Heart Disease & Stroke

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www.TexasBringingHealthyBack.org



Obesity in Texas Adults 1990-2007 BRFSS



Obesity Prevention:

Goal I Objective

- As a cardiovascular disease risk factor
- Association with other risk factors
 - High blood pressure
 - High blood cholesterol
 - Type 2 Diabetes
- *Physical activity and nutrition
- Other

Causation

- Genetic Factors
- Behavioral Factors
- **Environmental Factors**



Nutrition, Physical Activity & Obesity Prevention Program



promotes policies and environmental
changes to make
Healthy foods and an Active lifestyle
the easy choice throughout Texas
communities



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Strategic Plan for the Prevention of Obesity in Texas: 2007-2012

The Strategic Plan for the Prevention of Obesity in Texas: 2007-2012

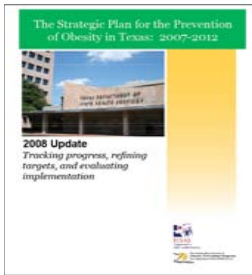


2008 Update

Tracking progress, refining targets, and evaluating implementation

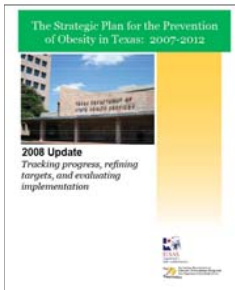


The Nutrition, Physical Activity & Obesity Prevention Program
Texas Department of State Health Services



State Plan for Obesity Prevention and the 2008-2012 Texas Goals & Objectives for Heart Disease and Stroke Prevention

- ***Under Goal 1 Prevention of Risk Factors***
 - Percentage of Overweight and Obesity in adults will not increase
 - Percentage of overweight and at-risk for overweight will not increase in children
- ***Under Other Strategies***
 - Increase the percentage of adults who meet the recommendations for mod-vigorous phys. Activity
 - Increase the percentage of children who meet recommended levels of physical activity
 - Increase the percentage of adults and children who consume f&v 5 or more times a day



State Plan: An Evidence-Based Framework

6

Target Areas

increase
physical
activity

increase
fruit &
vegetable
intake

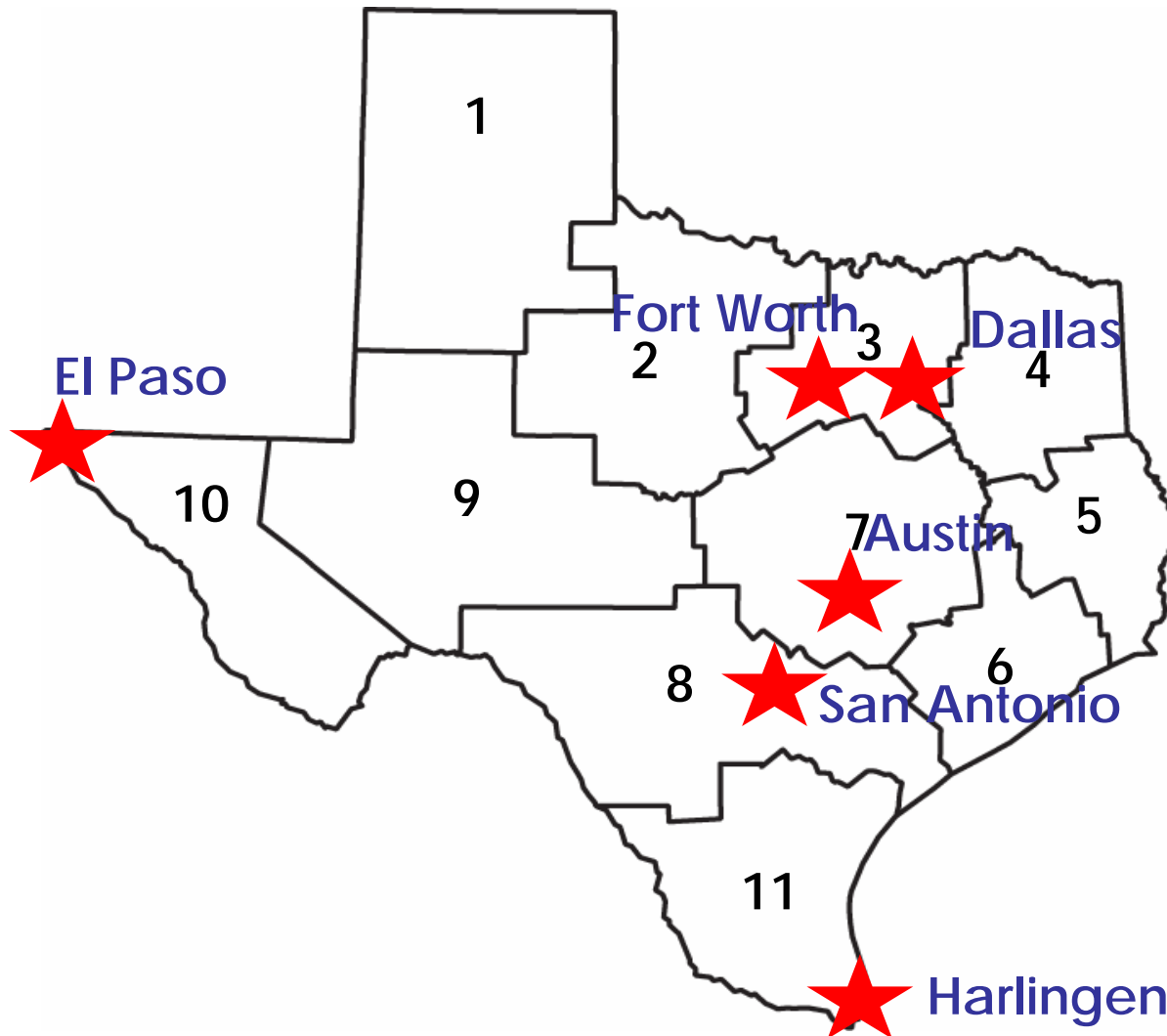
decrease
sugar
sweetened
beverage
intake

increase
breast
feeding

reduce
intake
high
energy
dense
foods

decrease
television
viewing

Texas Communities! Bringing Healthy Back



What can you do?

- Robert Wood Johnson Foundation

- www.activelivingleadership.org/
- www.healthyeatingresearch.org
- www.activelivingresearch.org

Center for Disease Control & Prevention

- www.thecommunityguide.org
- www.cdc.gov/nccdphp/dnpa/obesity
- www.cdc.gov/breastfeeding

- Institute of Medicine or NHLBI

- www.iom.edu
- www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm

www.texasbringinghealthyback.org



What can you do?

- **Physical Activity**

- Implement a walk-to-school program
- Help develop and promote a walking trail
- Support a city ordinance to add bike lanes to roads and bike racks in public areas

- **Nutrition**

- Help establish a farmers market or community garden in a low-income neighborhood
- Change cafeteria guidelines to increase f&v availability that includes pricing changes
- Establish a master gardener program at a church

Thank You



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